

I Claim:

1. A method for operating a PLL frequency synthesis circuit for a TDMA/FDMA data transmission device, which comprises the steps of:

operating the PLL frequency synthesis circuit in an active state for transmitting data during a first period using a first output frequency synthesized by the PLL frequency synthesis circuit;

carrying out no data transmission activity by the TDMA/FDMA data transmission device during an intermediate period following the first period;

reprogramming the PLL frequency synthesis circuit from the first output frequency to a stabilization basic frequency, located in a suitable manner in a usable frequency band, after the first period has elapsed from which a stabilization process to a second output frequency being carried out; and

operating the PLL frequency synthesis circuit to transmit further data during a second period using the second output frequency, not being equivalent to the first output frequency, following the intermediate period, the PLL frequency synthesis circuit synthesizing the second output frequency.

2. The method according to claim 1, which further comprises providing the stabilization basic frequency as a mid-frequency of the useable frequency band for an FDMA operation.

3. The method according to claim 1, which further comprises basing a data transmission on a TDMA structure, in which a start of a specific time slot coincides with a start of the first period, and a start of a next time slot coincides with a start of the second period, and with a time period between an end of the first period and the start of the second period being shorter than a settle time of the PLL frequency synthesis circuit which would occur if the PLL frequency synthesis circuit were to be controlled from a deactivated state to the second output frequency.

4. The method according to claim 1, which further comprises transmitting the data and the further data in accordance with a Bluetooth Standard.

5. The method according to claim 1, which further comprises transmitting the data and the further data in accordance with a DECT Standard.